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'My heart goes out'



Several hundred Calgarians gathered at Olympic Plaza to hold a vigil for the 50 people killed at the Orlando, Fla. nightclub shooting. BRODIE THOMAS/METRO

ORLANDO SHOOTING

Calgarians rally behind LGBTQ people after mass killing



Jeremy Simes
For Metro | Calgary

The fear of having a gay-bashing tirade at Twisted Element always remains in the back of Rayjean Fafard's mind.

In the early hours of Sunday morning, a lone gunman wielding an assault-type rifle opened fire inside a crowded gay nightclub in Orlando, killing at least 50 people before dying in a gunfight with SWAT officers, according to the Associated Press.

Fafard, who owns Calgary gay bar Twisted Element, said he has remained vigilant after the gay bar experienced homophobic acts in the past, including an anthrax scare.

"My heart goes out to the people who were just wanting to have a good time on Saturday night," Fafard said while choking up. "I bet you every gay bar owner out there is saying, 'Thank God, thank God, thank God this didn't happen to us.'"

Nolan Hill, who organized a Sunday night vigil in Olympic Plaza to commemorate the lost lives, said the shooting "shocked" him this morning when reports of the incident began to flood his social media feeds.

However, he said it's too early to point fingers at and lay blame as details are scarce.

"There's a lot of frustration," Hill said. "But what we can do is come together, as members and allies of the community, to really digest what has happened."

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History enthusiasts soldier on

SUMMER SKIRMISH

Museum event gives glimpse into life during multiple wars



Brodie Thomas
Metro | Calgary

Ileana Tschabold sits in the shade of a tree outside The Military Museums in Calgary, working away with a needle and thread.

She's sewing a patch onto the sleeve of her coat that reads, "Royal Canadian Army Medical Corps."

Tschabold was one of dozens of history enthusiasts who came out in period garb to meet with the public and show them a small slice of living military history over the weekend at the museum's Summer Skirmish.

Visitors got a taste of military history through the ages, including Napoleonic, Civil War and Second World War uniforms, not to mention medieval suits of armour.

"It's a personal thing for me," said Tschabold.

"My great uncle served in World War Two and so did my aunt, so I just want to raise awareness about the history of the time period."

Tschabold's clothes, hair and make-up make her look as if she stepped of the set of a war-time movie — and that's kind of the point.

Her group's leader, Brian



Brian Mason is leader of the First Special Service Force Living History Association. His group dresses in Second World War uniforms and demonstrates the equipment and day-to-day life of soldiers during the war. BRODIE THOMAS/METRO

“We do this for veterans both past and present ... so our kids can have a better understanding rather than gaining their information through Call of Duty or movies like Saving Private Ryan.” Brian Mason

Mason, started a group to honour the First Special Service Force — also known as the Devil's Brigade.

"They were 50 per cent American and 50 per cent Canadian — they were the world's first joint operational force," said Mason.

It's a fitting group to emulate for him — a former resident of North Carolina — he now lives in Alberta.

He got his start re-enacting American Civil War battles, but he is now devoted to Second World War clothing and equipment.

"Our membership is pure volunteer," said Mason. "We're comprised of a lot of former service guys, current service guys, and civilians."

Whether ex-military or not, Mason said the people involved really want to share knowledge and keep history alive.

"We do this for veterans both past and present — to try and gain a better appreciation for the public so our kids can have a better understanding rather than gaining their information through Call of Duty or movies like Saving Private Ryan."



Bill Treleaven, a retired member of the Canadian Armed Forces, was dressed as a Napoleonic General at the Summer Skirmish. He enlisted family and friends to wear many of the other period costumes. BRODIE THOMAS/METRO

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VOLUNTEERISM

Immigrant finds missing piece through helping others



Jennifer Friesen
For Metro | Calgary

Roula Aboukhodoud knows what it feels like to be lost, afraid and unable to ask for help.

Aboukhodoud immigrated to Canada in 1985 after war broke out in her home country of Lebanon. She was seven years old and had yet to learn English when, one morning, she arrived at school to find her room was empty — the class had already left on a field trip.

"I froze," she said.

There was no one she could ask in Arabic, so she ran. She hid in the bathroom and in behind coats all day, desperately waiting for the bell to ring.

"To be scared and not be able to communicate that is the worst feeling," she said. "So, if someone is at a point where they're stuck, I want them to know that they can rely on someone. I don't want them to ever have that fear, because I remember that fear."

The memory stayed strong in her mind, and as soon as she heard that Syrian refugees were coming to Calgary, she decided it was time to help.

Aboukhodoud has been tirelessly volunteering for the Calgary Syrian Refugee Support



Although she has three children to care for at home, Roula Aboukhodoud has volunteered countless hours to Syrian refugees. Below: Alla Alawad, 17, with Aboukhodoud at Alawad's high school graduation on May 24. JENNIFER FRIESEN/METRO; CONTRIBUTED

Group since January. From driving families to and from appointments to translating at the doctor's office to a simple offering of pita bread and a sympathetic ear, she said she wants them to know they aren't alone.

A family of nine arrived in Aboukhodoud's neighbourhood on January 1, and Aboukhodoud said her experience with them has changed her life.

"I could feel their fear that they had no one," she said. "They didn't know how to buy bread,

they didn't know how to ask and they were scared to leave and get lost. All they wanted was to communicate."

Six months later, Aboukhodoud said they have become like her own family. Their 17-year-old son, Alla Alawad, has Down Syndrome and, along with his six siblings, he missed four years of school while in a refugee camp in Lebanon.

But, earlier this month, Aboukhodoud was there at his high school graduation in May

to watch him cross the stage.

"He's just the love of my life, he's amazing," she said. "He has speech problems, but he understands so many words now. Little things, like seeing his smile from ear to ear, makes me so grateful."

Even after the refugees are settled, Aboukhodoud has no plans of stopping her volunteer work. She said she always knew something was missing in her life before, but every smile and every "thank you" has revealed the missing piece.



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Meghan Reid addresses a group in Olympic Plaza during National Harm Reduction Day, June 12. BRODIE THOMAS/METRO

Group calls for harm reduction

HEALTH

Policies to help addicts fight stigma faced by drug users



Brodie Thomas
Metro | Calgary

We all wear seat belts when we get in a car — just in case the worst should happen.

That's the philosophy behind harm reduction, according to Stasha Huntingford.

"It can't reduce all the risk but it can reduce some of the harm," said Huntingford.

She was spreading the message of harm reduction for drug users and the homeless at the third annual National Harm Reduction Day.

Several dozen people gathered in Olympic Plaza to hear speakers talk about harm-reduction methods such as clean needle exchanges.

Huntingford said the No. 1 thing standing in the way of getting help for people is stigma. She said it tends to be the root of all problems she sees.

For example, she said, LGBT indigenous youth are overrepresented in the homeless population because of rejection on an individual and social level.

Huntingford is taking doctoral studies with the faculty of social work at the University of Calgary. Her research is with frontline youth workers.

She said she's seen policies remain unchanged for 20 years but is hopeful the tide is turning.

"We have a little bit more hope going forward with the federal government at this time, but it remains to be seen what happens with issues like legalizing marijuana," she said.



We want them to stay alive long enough to get clean.

Randy Pages

Randy Pages, a member of local harm-reduction group Grateful or Dead, said he's seen the philosophy of harm-reduction work.

"Harm Reduction is a movement for social justice built on a respect for the rights of people who use drugs," he said.

Pages, formerly homeless and a recovering alcoholic, now spends several days each week doing outreach with Grateful or Dead by handing out clean needles and condoms.

"We want them to stay alive long enough to get clean," he said.

CRIME

Child-porn suspect arrested again in Australia

A man who was arrested in Edmonton on child-pornography charges is now in custody in Australia.

The Alberta Law Enforcement Response Teams (ALERT) has confirmed that Aaron Voon, 41, was arrested Thursday at Perth Airport by Australia's Joint Anti Child Exploitation Team (JACET) and charged with possession of child-exploitation material.

Edmonton police arrested Voon on May 22 after receiving

a call indicating a man had used a cellphone to record a boy urinating in the washroom at Scotiabank Theatre at West Edmonton Mall.

Voon was charged with making child pornography, possession of child pornography and voyeurism following a joint investigation by ALERT Internet Child Exploitation and the Edmonton Police Service.

He appeared in Edmonton court on June 2 and was released on \$75,000 bail.

Using information from Alberta law enforcement, JACET executed search warrants at Voon's home and business in Australia, where "a number of images classified as child-exploitation material" were found.

A video that circulated on Facebook purports to show Voon being confronted by the victim's parents at the Edmonton theatre, after the boy's father allegedly caught Voon videotaping his son at

+ OCCUPATION

Voon was working as a child psychiatrist at the Successful Development and Therapy Centre in Perth. The website AusCompanies says he ran the business for 10 years.

the urinal.

Voon appeared in Perth court Friday. METRO



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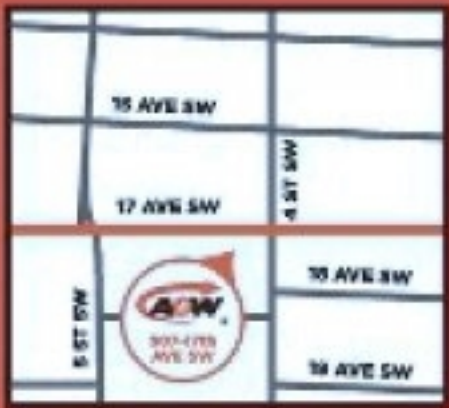
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Child advocate calls for national alert system

ALEX RADITA DEATH

B.C. official wants national co-ordinated child welfare

British Columbia's child advocate says the death of a diabetic teen in Alberta demonstrates gaping cracks in interprovincial child welfare that put kids at risk.

"This falls into the category I see frequently of kids who need medical support and without it they can have a very severe outcome. This boy not only died, but apparently suffered in the period before his death," said Mary Ellen Turpel-Lafond. "For these kids we need a proper, national child-welfare system."

Turpel-Lafond has been closely watching the trial of Emil and Rodica Radita, who have pleaded not guilty in the death of their 15-year-old son Alexandru. The teen died in Calgary in 2013 from complications due to un-

treated diabetes and starvation. He weighed less than 37 pounds at the time of his death.

Witnesses have testified that the Raditas refused to accept their son had diabetes when he was diagnosed in B.C. in 2000. He was hospitalized twice suffering from severe malnutrition. The second time, he was placed in foster care, before eventually being returned to his parents.

Child-welfare officials were watching the Raditas, but lost track when the family moved to Alberta in 2008.

"Suddenly there's no more contact — they're gone. What happened? What do you do? In Canada we don't have an alert system," said Turpel-Lafond.

"When we have a kid like this, shouldn't there be an Amber Alert? Shouldn't there be a

system nationally with a strong information system?"

Since the Radita case, Canada's provinces and territories — with the exception of Quebec — have adopted an updated version of a protocol for children, youth and families moving between jurisdictions.

It authorizes the sharing of confidential information without a person's consent to ensure the safety and well-being of a child.

"It's essentially a piece of paper and a gentleman's agreement," said Turpel-Lafond. "It's just like we're going to fax something to your office. Hopefully someone sees it, but these child-welfare offices are frequently overworked, understaffed."

"They have so many cases and to ask for a courtesy supervision visit from another province —

probably that goes to the bottom of their pile."

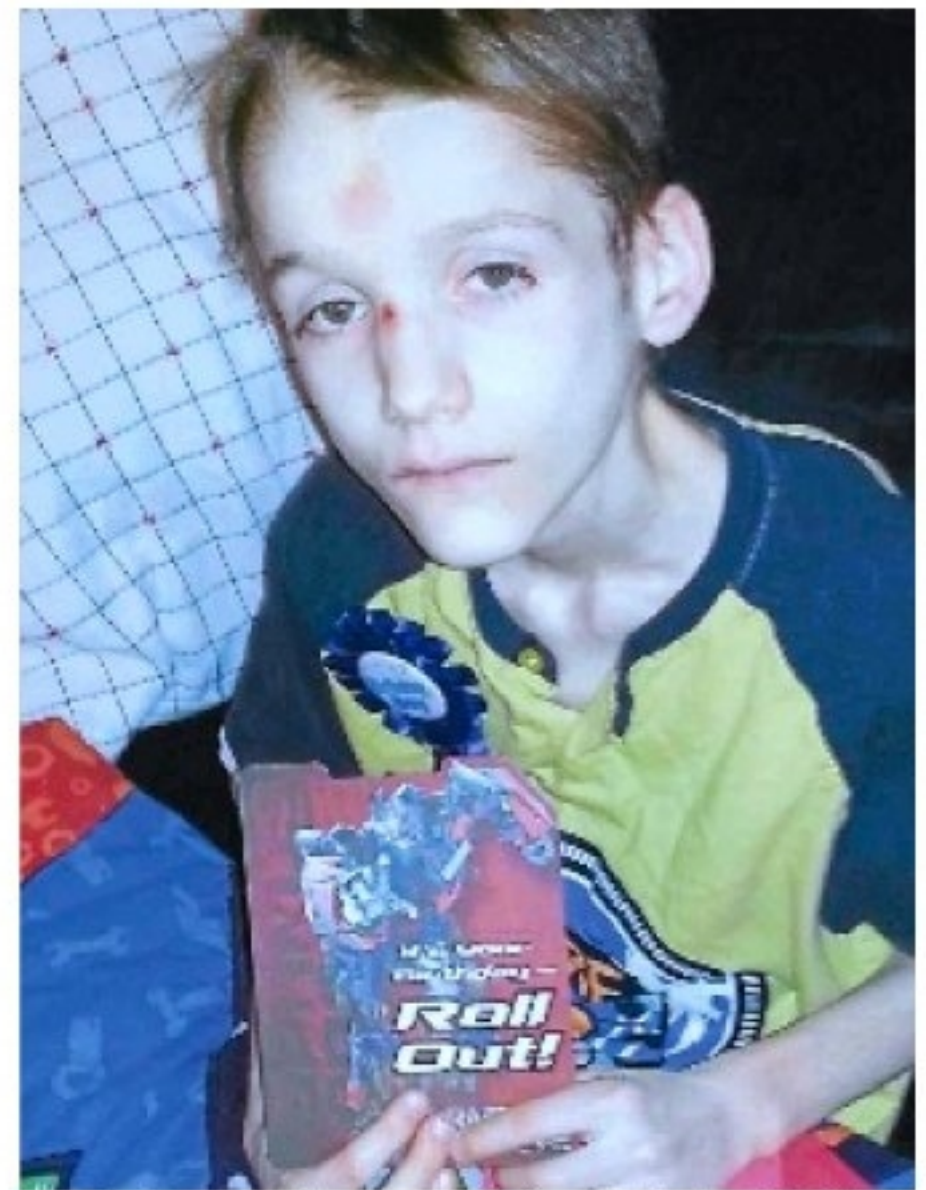
There needs to be a system like the Canadian Police Information Centre, which allows law enforcement agencies to get access to information on a number of matters, she suggested.

Charlene Beck, a retired RCMP officer from B.C. who dealt with the Radita case in 2003, told reporters last week after her testimony that she's haunted by what happened to Alexandru.

"Angry that he wasn't monitored. Angry that we have a system in Canada that doesn't allow cross-provincial information sharing at the touch of a button with the technology we have today. It's insane," she said outside court.

Turpel-Lafond, who served previously as a provincial court judge in Saskatchewan, believes the problem of at-risk children being moved from province to province to evade child welfare is worse than most Canadians realize.

"We have people who are just on the lam. They flee child wel-



Alex Radita shown three months before his death, at his 15th birthday party. THE CANADIAN PRESS/GOVERNMENT OF ALBERTA

fare in one province and then go to another province to make a fresh start. Frequently the child-welfare system in the province

that loses them just closes the file, which is what happened with the young boy here."

THE CANADIAN PRESS

“ Suddenly there's no more contact — they're gone. What happened? What do you do? In Canada we don't have an alert system.

Mary Ellen Turpel-Lafond

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Premier defiant

POLICY

Notley tells NDP she won't change course of government

The premier gave a defiant speech to delegates at the NDP convention in Calgary Saturday saying her government will continue to reject the "politics of austerity."

It's the first time the NDP has met since Premier Rachel Notley rolled to victory in Alberta just over a year ago.

"This is the elected team that is bringing progressive change to Alberta," said Notley.

"This is a government that is kickin' it, and taking names."

The Co-operative Commonwealth Federation, the precursor to the NDP, was founded in the southern Alberta city.

"Let's remember, to begin, that the Co-operative Commonwealth Federation was founded right here in Calgary on August 1st, 1932," she said.

It has been a tumultuous first year for the New Democrats, who have had to deal with plummeting oil prices



Rachel Notley
THE CANADIAN PRESS

that, along with the cost of delivering election promises, have left the government with an expected \$10.1-billion deficit.

Notley outlined her government's achievements over the past year in a 40-minute speech and promised not to abandon Albertans in need.

"The new government of Alberta — this NDP government — hasn't responded to a price shock by making things worse," Notley said.

"We're protecting core services instead of slashing them. And we're not downloading this economic shock onto

+ ON PLAN

Raising minimum wage

Notley reiterated her government's plans to raise minimum wage to \$15/hour.

Carbon tax

The premier confirmed plans to bring in a carbon tax to fight climate change.

families," she added.

"In short, like more and more of the world, we reject the politics of austerity."

The province will stay the course over the next three years and will not be making any adjustments to win favour with certain parts of the electorate, Notley said.

"I think at this point in government it's really important to move forward on what you talk to people that you would run on and to not be sort of course-changing all over the place in some effort to do some sort of hyper-sophisticated reach out for an election that's three years away."

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Four faces of multiple sclerosis

Calgary MS sufferers tell their stories and stay positive, despite condition.



Jeremy Simes
For Metro | Calgary

Multiple Sclerosis doesn't keep Calgarian sufferers down, according to many who laced up Sunday afternoon to raise funds for MS

research.

More than 1,400 people at Prince's Island Park took part in the annual Jayman Built Walk for MS. As of Sunday

afternoon, organizers had reached about 60 per cent of their goal to raise \$595,000 to surpass last year's goal of \$570,000.

The condition can cause symptoms like fatigue, lack of co-ordination, weakness, impaired sensation, mood changes and vision problems.

Metro spoke with Calgarians who suffer from MS to better understand how the condition affects them and how they stay positive.



1 ALIM JESSA, 35

Alim Jessa says he has his good and bad days, after he was diagnosed with an aggressive form of relapse-remitting MS in June 2015.

"Fatigue is probably the biggest thing," he said. "You're always tired, you get brain farts when you're trying to work. Sometimes you just kind of go in your own zone."

"It's really tough living with it — you're not a normal person."

However, he said he tries to stay positive through his condition.

"You wake up every morning and you're either really good or not so great," he said. "But you just have to stay positive and just hope that a cure does come and keep pushing forward with it."



2 AMANDA HERLIN, 29

Amanda Herlin's MS symptoms have improved ever since she began taking new medication.

Herlin said she had a lot of eye pain when she was diagnosed in 2010.

"I also tend to get some leg weakness," she said. "It takes me a bit longer to walk but, for the most part, everyday stuff is all good."

Herlin said not everyone with MS is the same.

"Just because there's a diagnosis doesn't mean it's cookie-cutter, one thing or another," she said. "It's very individualized, and you don't want to assume anything based on a diagnosis."

She said the new medication has allowed her to be more positive.

"I'm just going to keep things going as they are," she said. "I think I'll be good."



3 ADAM KEMBLE, 33

Adam Kemble was diagnosed with MS when he was 14, after he began losing vision in one of his eyes.

"I've been pretty lucky," he said. "I've had things happen here and there, but they always go back to good. Fingers crossed it stays that way."

Kemble said remaining positive is key to living healthy.

"At the end of the day, it's not a death sentence," he said. "There's a lot of life to be lived. It's about letting go and living your life as you would a normal person. Don't use disability as a crutch and be strong as best you can."

Kemble said his family and friends keep him strong.

"Always look for the positive things in life," he said. "Sure there's negative crap, but you can't let that define you."



4 RACHEL TOON, 35

Rachel Toon's dog, Cash, is one of the many things that keep her going strong, after she was diagnosed with MS eight years ago.

Toon, who was on her last practicum to become a paramedic in 2008, recalled she was having issues with her legs.

"I had to leave being in emergency services and I chose to also leave my job as a flight attendant because it was too hard for my body," she said. "But now I work with my dad and we run a business. It allows me to manage the freedom of my side effects."

Toon said her last MRI showed no change to her condition, which she considers pretty successful.

"I've had some pretty nasty relapses," she said. "But I've got (Cash), and we walk every single day."

"I think it's really important to be positive and do what you can, when you can," she said. "Do what you need to do to stay positive. You just have to fake it until you make it."

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Aaron Chatha
Metro | Calgary

Last week a clip from the show *So You Think You Can Dance* made waves online — featuring a young dancer vomiting on judge Paula Abdul after passing her audition.

It's a feeling 12-year-old Calgary dancer Tate McRae knows only too well — she felt a range of emotions during her own *So You Think You Can Dance* audition, which airs on TV tonight.

"I could feel the same emotions she was feeling at that moment, on-stage. It was so crazy; I could imagine why she did that," said McRae, who is one of the few Canadians in the competition. "There were so many people watching, it was a new experience. I didn't puke on stage, but it was very nerve-racking."

McRae has been dancing since she was six years old — that's half her life — and decided to she wanted to audition for the

show. As it's an American show, she had to fly out to New York in order to show off her skills to the judges. Almost immediately, however, she encountered her first hurdle.

Despite applying for her visa eight months beforehand, it only finally arrived days before her flight.

What followed was an intense four days were McRae sat through interviews, performed on-the-spot for producers, and made her way up for a chance to win the program's coveted golden ticket.

"It was definitely nerve-racking, but felt quite calm and relaxed because it's just interviews, they ask me questions. It was really fun for me," she said.



I like dancing because I feel like I can express my emotions.

Tate McRae

"I like dancing because I feel like I can express my emotions and let everything go around me. I love the fact that it's a structure program and I'm allowed to have a goal I can work towards."

This season has focused on dancers ages eight to 13.

Although the episode was recorded back in February, McRae will be watching it for the first time along with the rest of the world on tonight.

Regardless of whether she continues on with *So You Think You Can Dance*, McRae said dancing will be a lifelong passion.

POLITICS

Liberals disqualified more than other parties



Ryan Tumilty
Metro | Edmonton

Elections Alberta's list of disqualified candidates and chief electoral officers, which Metro first reported on last week, included more Liberals than any other party.

Presented with the findings, Alberta Liberal leader David Swann said it's clear the party has to work harder to find the

right people to run for office.

"It's very disappointing obviously," he said. "We have to do a better job."

In total, 13 Liberals — who were either candidates or chief electoral officers for ridings — were disqualified for failing to file financial documents. In 2012, eight party

13

Altogether 13 Liberals were disqualified for failing to file their financial documents on time.

members were disqualified for similar reasons.

Swann said the party tries to help candidates with the requirements, but the responsibility falls on them.

"We have a process in place to introduce candidates to the process. We have a support team that coaches them through the campaign," he

said.

Swann said the party had trouble getting people to run in the most recent election.

"Calling the election a year in advance didn't help us at all. We were scrambling and I think everyone knows we were only able to fill 57 out of 87 ridings," he said.

"Some of these folks just stepped up in the last weeks before the election, so we didn't always have a lot of time to work with them."

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Funding change aims to help low-income clinics

HEALTH CARE

Move step in right direction, says nurse practitioner



Jeremy Simes
For Metro | Calgary

The government is piloting a new project that plans to let some low-income, high-risk health clinics use more cash to improve patient services by changing the way nurse practitioners are funded.

The pilot is part of the government's ongoing efforts to re-shape Alberta's health care system, as it curbs the growth of health care spending for the next few years.

Also known as an Alternative Relationship Plan (ARP), the model will let doctors and nurse practitioners share the same pot of money at certain community health clinics, like CUPS and the Alex, according to sources on background.

Currently, money is pooled from many budgets to fund nurse practitioners, and clinics can't dip into ARPs to fund the highly skilled nurses. Some doctors are funded through ARPs because fee-for-service models aren't the most effective in certain cases.

The pilot likely means better services for patients, as dollars formerly allocated to fund NPs will be used to address other health care needs, according to Shelley Heartwell, chief executive officer at the Alex.

"It's really about enhancing what we currently have

already," Heartwell said. "It helps us serve more clients and meet your needs."

Timothy Wilson, spokesman for Health Minister Sarah Hoffman, said pilot funding will come from the department, but couldn't say it will be funded through ARPs.

He said there are a number of pilot projects the government is considering.

"There is a focus on vulnerable, high-needs populations," he said. "The minister has been very clear that nurse practitioners have an important role in the health system, and the government is committed to seeing that bolstered."

Heartwell said she hopes to hire a mental health clinician with the extra available dollars if all goes well.

"Maybe we'll put our dental bus on the road a bit more,"

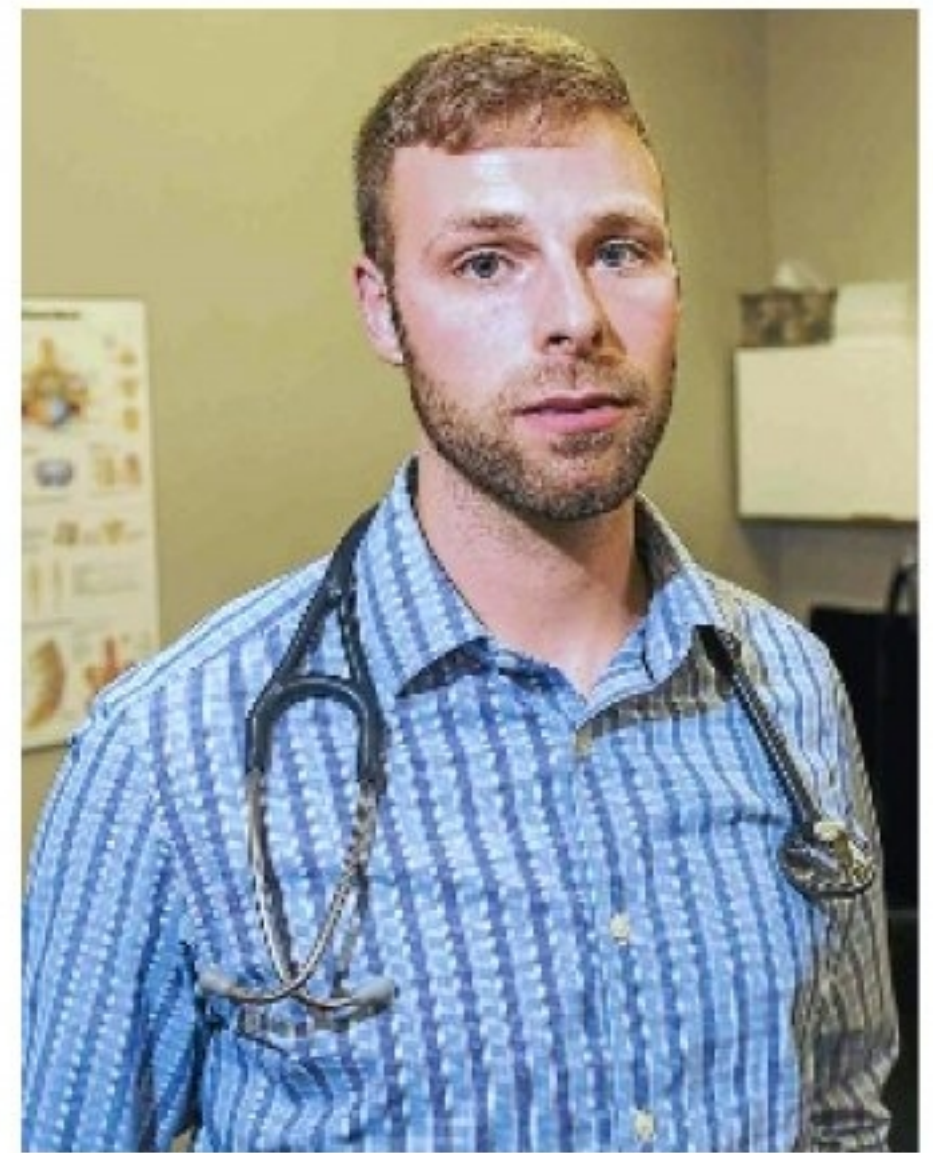
she said. "We're really going to demonstrate the value of nurse practitioners."

Eric Lavoie, president of the Nurse Practitioner Association of Alberta, said ARP funding lets NPs better provide care.

"We think that this is a step in the right direction," Lavoie said. "However, it still leaves a large majority of Albertans unable to access NPs, who work a proven to be cost-effective and work across the entire health care system."

He said the model doesn't align with Alberta's Rural Health Services Review and other reports, which calls for the immediate integration of NPs in the health care system.

Wilson said the government will outline details of the pilot in the coming months. The Alberta Medical Association declined to comment.



Eric Lavoie, president of the Nurse Practitioner Association of Alberta, said the government is moving in the right direction, but some communities are still left out. JENNIFER FRIESEN/FOR METRO

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BEER INDUSTRY

Brewery hoping Calgarians will be sweet on sour brews



Brodie Thomas
Metro | Calgary

A southeast Calgary brewery is about to take a walk on the wild side of brewing.

Paul Gautreau, brewmaster at Big Rock Brewery, is planning to bring sour beers to thirsty Calgarians who have developed a taste for Belgian-style beers.

Usually to make beer, brewers begin by heating up grains in hot water — not unlike making a pot of oatmeal.

The juice from the grains is strained off into a sanitized, airtight container, and very specific strains of yeast are added. It's in that second step where Gautreau is veering off the



Paul Gautreau, brewmaster at Big Rock Brewery, is excited for his latest project, which will have him harvesting bacteria from the air to ferment beer. BRODIE THOMAS / METRO

usual path. His oatmeal juice (better known as wort) will be going into a large, shallow tray called a coolship where it will sit for several hours.

And instead of adding specific strains of yeast, he'll be leaving the windows open so wild yeasts and bacteria in the air will "infect" the wort and start

the fermentation process.

"Typically we would say it's contaminated. But for Lambics in Belgium, it's what they encourage," he said.

As if opening the window wasn't enough, he'll also be spraying down the walls and floor of the room with a batch of fermented beer that has been sitting in oak barrels for many months.

"It's staying there. We've got grating we can walk on to keep ourselves from getting stuck to the floor."

It's all modeled after a process mastered by Belgian monks hundreds of years ago and still practiced today.

If all goes according to plan, the result should be a sour beer — comparable to the Belgian

style known as a Lambic.

Attempting a sour beer has its risks — the main one being cross-contamination. Gautreau had to set up shop in a room completely separate from the rest of the brewing operations.

The room even has a separate waste drain downstream from the rest of the brewery.

Workers will have to follow strict protocols when entering and leaving the brewery room,

or risk infecting other beers with strains of wild bacteria.

Although southeast Calgary isn't the Belgian countryside, Gautreau notes the area around the brewery has lots of plants including cherry trees and a small barley field. Those will work to give the beer a unique taste.

"Being out in an industrial area doesn't mean there aren't all kinds of flora and fauna. It's not just diesel fumes," he said. "It's unique to what's naturally produced in Calgary — that's the fun part about it."

Big Rock's sour beers are still a year away. They'll be aging them in oak barrels — some for three years. But have your steins ready for the first batch next spring.

“It's unique to what's naturally produced in Calgary.”
Paul Gautreau

Competitors adjust to real life

BIG BROTHER

Calgary duo surprised by how much they missed



Aaron Chatha
Metro | Calgary

It's been about a month since the last season of Big Brother Canada ended, and Calgarians Raul Manriquez and Kelsey Faith have gradually been adjusting to life in the real world again.

Faith, who placed second in the show, just recently returned to her job as a flight attendant while Manriquez is looking to get back into modelling.

Contestants spent three months in the house with

no outside contact, so both Faith and Manriquez said they were surprised how much they missed while they were in the game.

"Yeah, like Beyonce's Lemonade, that album was amazing," exclaimed Manriquez. "One of the things that made me really sad though was hearing about the fire in Fort McMurray."

Overall though, Calgary's only players in the game said they grew substantially from the experience.

"It was really interesting. In my real life I'm not that emotional of a person, but in the house, emotions run so high," said Faith. "It's crazy, you live in this house, it becomes your entire world."

"I found out I'm maybe a bit more of an emotional person than I thought I was — I cried a couple times on the show. I didn't think I was going to."

Manriquez was surprised by the relations he formed.



Calgary flight attendant Kelsey Faith narrowly missed the top spot, finishing the show in second place. JENNIFER FRIESEN/FOR METRO

"Personality wise, I got to hang out with people I'd never hang out with. Like, for ex-

ample, I'd never hang out with somebody like Joel — but now I'm so in love with him," he

said.

Both players said there's not a ton they would do differently

in the show. Manriquez said he wishes he could have separated from the show-mance aspect of it sooner, while Faith said she wished she shared more of her inner thoughts with the camera.

They've both finally watched the show, and although Faith said it stung a little to hear what people said about her on camera, she understood it was part of the game.

Although neither won, they formed lasting relationships through Big Brother. Faith and Manriquez said they hang out together on a regular basis, having recently spent a few days at a cabin together, along with Jared Kesler, who Faith started a romance with on the show.

Both of them said they hope to ride out their new wave of celebrity by giving back — such as animal charity Pawsitive Match that Faith is now working with.



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IMMIGRANTS

Police create multilingual videos for newcomers

People immigrating to Calgary can now get a quick introduction to the Calgary Police Service through online welcome videos. There are six languages represented, including Spanish, Punjabi, Arabic, Somali, Tagalog and English. "We sometimes hear of new Canadians who have not had good interactions with the police in the country they came from," says Sergeant Gareth Joels, with the Calgary Police Service Diversity Resource Unit. "Our goal is to ... let them know that the police in Calgary are here to help." METRO

AUTOMOBILE REPAIRS

Car service app vows fixed prices for garage visits

Ever gone to the garage to fix a leaky tire, only to find out you also need to replace your crankshaft, drive belt, gudgeon pin, rocker arm, pulp wing and bearing hose?

Most of us don't know a lot about fixing cars. In fact, I made up the names of two of those parts — could you tell which ones?

Calgary startup Beep for Service wants to make getting your car serviced easier, and more transparent.

The mobile app allows you to book service for your vehicle, at a fixed price set before you even bring the car in.

"Gone are the days where you pay 40 per cent more than you wanted," said founder Matt Horne.

“None of that was being shared with me as a customer.”

Matt Horne

Beep for Service achieves this by having users create a profile around their VIN number — that allows shop owners to immediately know what kind of vehicle you have, and what parts it needs, meaning it doesn't necessarily need an assessment before you're given quotes.

Horne said the price you get on the app covers parts, shop supplies, labour and environment disposal fees.

He created the app because of a desire for more transparency when getting his car fixed.

"OK, if this is what's wrong with my car, does it need to be done now — as in, my car's going to self-destruct in a week? Or can it wait? And if it can wait, what are some of my options?" said Horne. "None of that was being shared with me as a customer."

For shop owners, Horne said they have jumped onboard with the app because many of them are not operating at capacity — and the app allows them to fill idle times when they could be helping more customers.

Beep for Service is currently available on iOS and is being developed for Android devices.

AARON CHATHA/METRO

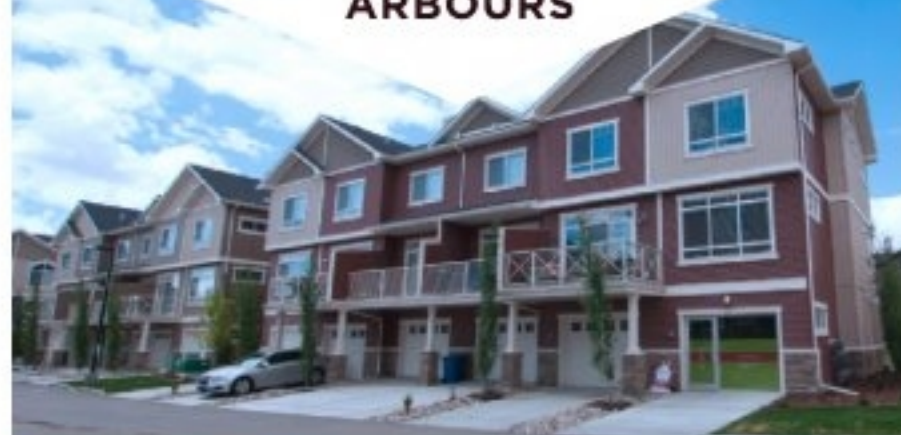


Founder Matt Horne says the app allows users to schedule service on their own time, without having to make a call.

AARON CHATHA / METRO

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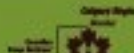
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Calgary metro NEWS

Run raises nearly \$400K

FUNDRAISING

Over 1.5K people took part in support of ALS research

Despite a challenging economy, the 20th annual Betty's Run for ALS raised nearly \$400,000 on Sunday.

Over 1,500 people gathered in North Glenmore Park to celebrate the lives of their loved ones and further raise awareness about the disease that attacks the nervous system.

Over 20 years, the run has raised nearly \$7 million for client support services and research.

Betty's Run for ALS began when Betty Norman donated her time and efforts to raise awareness about the disease, despite her own ALS battle.

Her story has now grown into support from over 35,000 people, and over 150 volunteers who dedicate their time to bettering the event year after year.

The ALS Society of Alberta welcomed Erin Serack as the



Over 1,500 people turned out to walk or run through North Glenmore Park while raising money for ALS. CONTRIBUTED

2016 Betty's Run for ALS ambassador.

Serack moved to Calgary three years ago for work. After being diagnosed with ALS in February of 2015, she has been an advocate for ALS awareness through her

involvement with the ALS Society of Alberta and ALS community.

"I had a choice to dwell in what might be, or embrace what is," said Serack when she spoke about her diagnosis. "I chose the latter; to em-

brace my diagnosis as a blessing in my life."

Erin gave a speech in honour of the community, as did Mayor Naheed Nenshi who gave his sincerest thanks to everyone involved with the event. METRO

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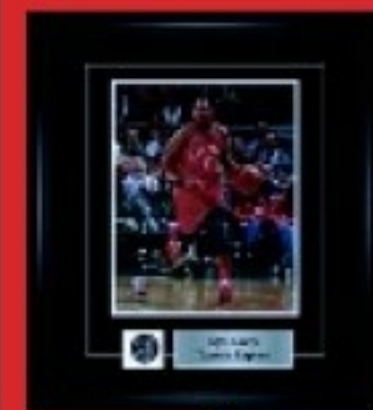
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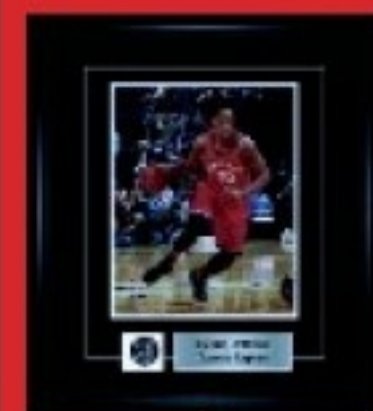
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'Nobody stood a chance': Witness

MASSACRE

Gunman dead after killing at least 50 at gay nightclub

It had been an evening of drinking, dancing and drag shows. After hours of revelry, the partygoers crowding the gay nightclub known as the Pulse took their last sips before the place closed.

That's when authorities say Omar Mateen emerged, carrying an AR-15 and spraying the helpless crowd with bullets. Witnesses said he fired relentlessly — 20 rounds, 40, then 50 and more. In such tight quarters, the bullets could hardly miss. He shot at police. He took hostages.

When the gunfire finally stopped, 50 people were dead and dozens critically wounded in the deadliest mass shooting in modern U.S. history. Mateen, who authorities said had pledged allegiance to Daesh in a 911 call shortly before the attack, died

in a battle with SWAT team members.

Authorities immediately began investigating whether the assault was an act of terrorism and probing the background of Mateen, a 29-year-old American citizen from Fort Pierce, Fla., who had worked as a security guard.

At least 53 people were hospitalized, most in critical condition, officials said. A surgeon at Orlando Regional Medical Center said the death toll was likely to climb.

"There's blood everywhere," Orlando Mayor Buddy Dyer said.

The gunman's father recalled that his son recently got angry when he saw two men kissing in Miami and said that might be related to the assault.

Mateen's ex-wife said his family was from Afghanistan but that her ex-husband was born in New York. His family later moved to Florida.

The Orlando suspect exchanged gunfire with 14 police officers at the club, which had more than 300 people inside. The

gunfire started around 2 a.m.

"He had an automatic rifle, so nobody stood a chance," said Jackie Smith, who had two friends next to her get shot. "I just tried to get out of there."

At one point, the gunman took hostages. Around 5 a.m., authorities sent in a SWAT team to rescue them, Police Chief John Mina said.

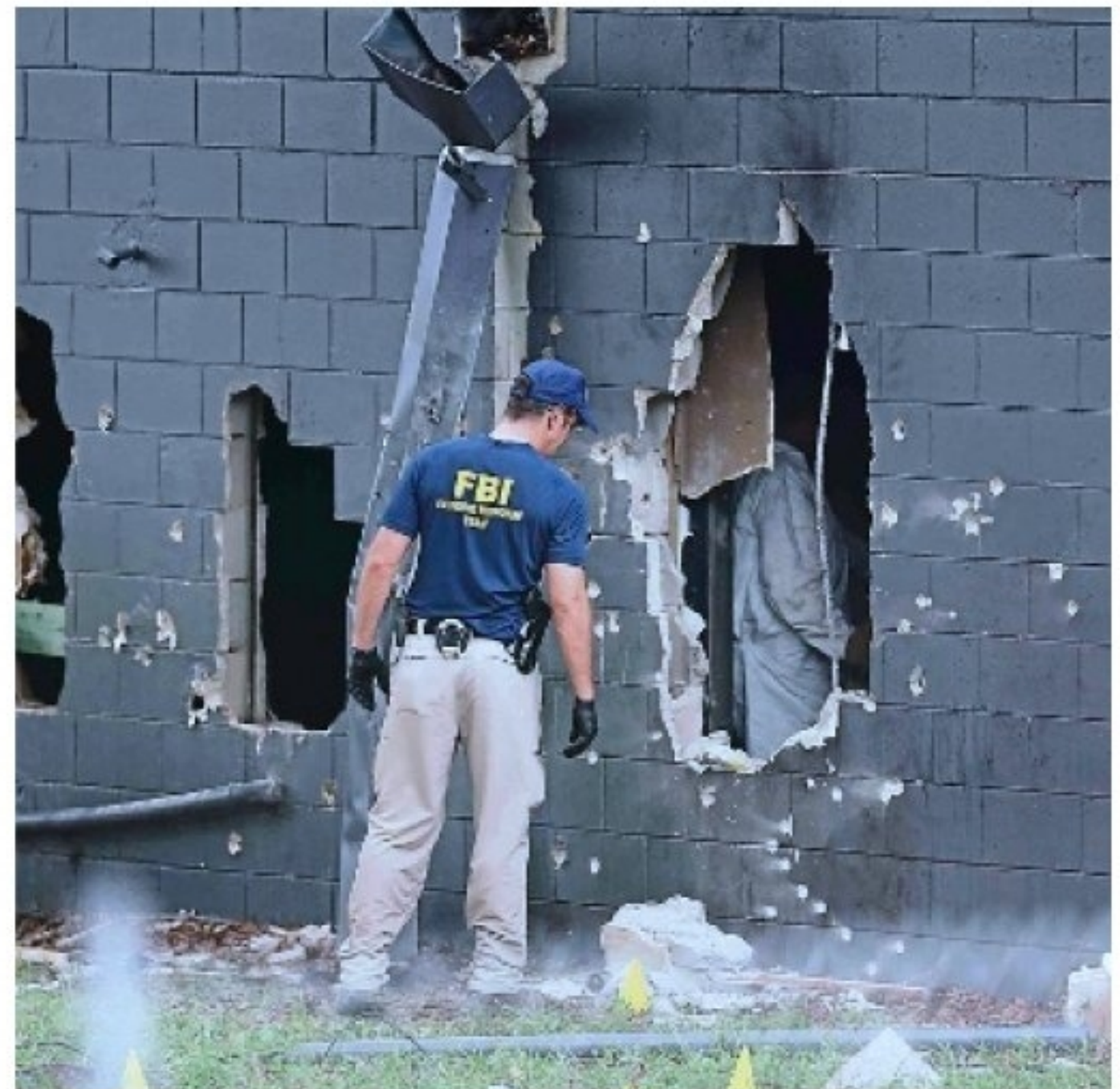
In addition to the assault rifle, the shooter also had some sort of "suspicious device," the police chief said.

In the aftermath of the attack, police departments across the country stepped up patrols in neighbourhoods frequented by the LGBT community.

THE ASSOCIATED PRESS

+ BACKGROUND

The previous deadliest mass shooting in the U.S. was the 2007 attack at Virginia Tech, where a student killed 32 people before killing himself.



FBI agents investigate the damaged rear wall of the Pulse Nightclub in Orlando, Fla., where a mass shooting killed at least 50 people and injured 53 others in what is the deadliest mass shooting in the country's history. JOE RAEDLE/GETTY IMAGES

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U.S. President Barack Obama addresses the mass shooting Sunday. ALEX WONG/GETTY IMAGES

“
The shooter
targeted a nightclub
where people came
together to be with
friends to dance and
to sing — to live.

Barack Obama

Leaders condemn attack, urge unity

RESOLVE

Obama calls it an ‘act of terror and an act of hate’

U.S. President Barack Obama decried the deadliest mass shooting in American history on Sunday as a terrorist act targeting a place of “solidarity and empowerment” for gays and lesbians. He urged Americans to decide “if that’s the kind of country we want to be.”

Hours after a gunman killed at least 50 people in Orlando, Obama said the FBI would investigate the nightclub shooting as terrorism but said the shooter’s motivations were unclear. He said the U.S. “must spare no effort” to determine whether the suspect had any ties to extremist groups.

“What is clear is he was a person filled with hatred,” Obama said. He added: “We know enough to say that this was an act of terror and an act of hate. And as Americans, we are united in grief, in outrage and in resolve to defend our people.”

Obama had planned to travel to Wisconsin on Wednesday for his first campaign appearance of the 2016 race, a joint rally with Hillary Clinton in Green

Bay, Wisconsin. But Clinton’s campaign and the White House said that event was being postponed in light of the attack.

The president, who has proclaimed June as Lesbian, Gay, Bisexual, and Transgender Pride Month, called the attack “heartbreaking” for the LGBT community. He said the site of the shooting was more than a nightclub because it was a place where people came “to raise awareness, to speak their minds and to advocate for their civil rights.”

For Obama, the hastily arranged remarks were the latest in what’s become a tragically familiar routine. Since he took office in 2009, Obama has appeared before cameras more than a dozen times following mass shootings and issued written statements after many others.

The president made no new, specific call for stricter gun laws. Though he lamented “how easy it is” for people to get their hands on weapons, Obama appeared resigned to the likelihood that he’ll be unable as president to substantially address the mass shootings that have proliferated in recent years.

“We have to decide if that’s the kind of country we want to be,” Obama said. “To actively do nothing is a decision as well.”

Obama spoke from the

+ PM REACTS

Canadian officials express their grief and sympathy

The attack came during Pride month, both in the U.S. and Canada. Candlelight vigils to mourn the victims were planned in several Canadian cities Sunday night, including Toronto and Vancouver.

Prime Minister Justin Trudeau offered Canada’s condolences to the victims, calling the massacre a “domestic terror attack.”

Ontario Premier Kathleen Wynne, who is openly gay, wrote on Twitter that her thoughts are with the LGBT community, while B.C. Premier Christy Clark tweeted that she is “incredibly saddened by the evil brutality” of the Florida shooting. THE CANADIAN PRESS

James S. Brady Press Briefing Room, named after the former press secretary who was shot and permanently disabled in an assassination attempt on President Ronald Reagan.

He also signed a proclamation on Sunday ordering flags to be flown at half-staff until sunset on Thursday in honour of the victims.

THE ASSOCIATED PRESS



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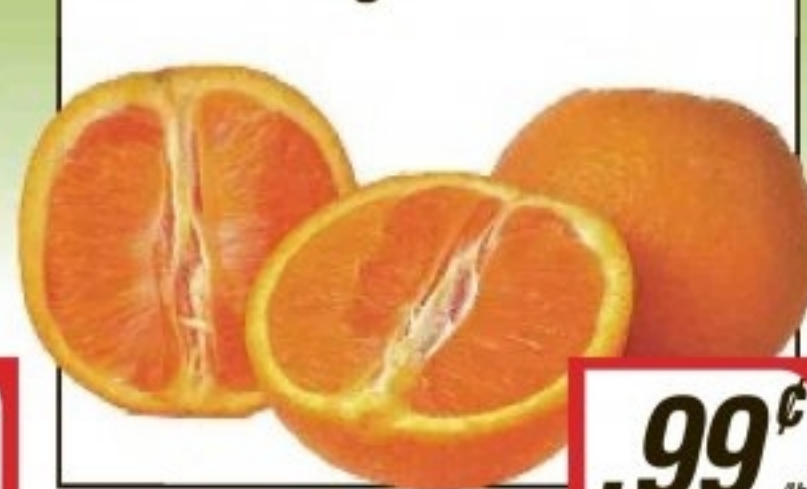
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'Mentally unstable, mentally ill'

PROFILE

FBI, former wife describe shooter who idolized Daesh

He was a body builder and a security guard, a religious man who attended the local mosque and who at one point expressed interest in becoming a police officer, though he never pursued it.

Early Sunday, 29-year-old Omar Mateen gunned down dozens at a gay nightclub in Orlando, police said.

A law-enforcement official says Mateen was known to the FBI before the incident and had been looked at by agents within the last few years.

The official said the matter for which Mateen came under investigation was "open and closed pretty quickly."

Mateen was the son of an Afghan immigrant who had a talk show in the U.S., the nature of which was not entirely clear: A former Afghan official said the program was pro-Taliban and a former colleague said it was enthusiastically pro-American.



A bomb disposal unit checks for explosives around the apartment building in Fort Pierce, Fla., where Orlando nightclub shooter Omar Mateen is believed to have lived. JOE RAEDLE/GETTY IMAGES

Mateen attended evening prayer services at the city's Islamic Center three to four times a week, most recently with his young son, said Imam Syed Shafeeq Rahman. Although he was not very social, he also showed no signs of violence,



He would just come home and start beating me up because the laundry wasn't finished or something like that.

Omar Mateen's ex-wife

Rahman said.

"When he finished prayer he would just leave," Rahman said.

He was also bipolar, Mateen's ex-wife, Sitora Yusufiy, told reporters in Boulder, Colo.

"He was mentally unstable and mentally ill," Yusufiy said.

She said he would not let her speak to her family and that family members had to come and literally pull her out of his arms.

Yusufiy said she was "devastated, shocked, started shaking and crying" when she heard about the shooting, but she attributed the violence to his mental illness, not any alliance with terrorist groups.

She said he wanted to be a police officer and had applied to the police academy. Mateen was a security guard at G4S.

Authorities immediately began investigating whether the assault was an act of terrorism. A law enforcement official said the gunman made a 911 call from the nightclub professing allegiance to the leader of Daesh.

In 2014, FBI agent Ronald Hopper said, officials found that Mateen had ties to an American suicide bomber. He described the contact as minimal, saying it did not constitute a threat at the time.

Mateen purchased at least two firearms legally within the last week or so, according to Trevor Velinor of the Bureau of Alcohol, Tobacco and Firearms

THE ASSOCIATED PRESS

Names of victims emerging



Luis S. Vielma
FACEBOOK



Edward Sotomayor Jr.
FACEBOOK



Luis Omar Ocasio-Capo
FACEBOOK



Peter O. Gonzalez-Cruz
FACEBOOK



Eric Ivan Ortiz-Rivera
FACEBOOK



Stanley Manolo Almodovar III
FACEBOOK

PRIDE ARREST

Man detained in California had guns and explosives

An Indiana man armed with three assault rifles and chemicals used to make explosives was arrested in Southern California on Sunday and told police he was headed to a gay pride parade — an event that annually draws hundreds of thousands of people, authorities said.

The early morning arrest in Santa Monica of James Wesley Howell, 20, came just a few hours after the shootings in Orlando, though authorities said they had found no evidence of a connection between the suspects.

Residents called police to report suspicious behaviour from Howell, who was parked facing the wrong way in a white sedan, police said.

When officers arrived they saw an assault rifle sitting in Howell's passenger seat, Santa Monica police Lt. Saul Rodriguez said.

That prompted them to search the whole car. They found two more assault rifles, high-capacity magazines and ammunition and a five-gallon bucket with chemicals that could be used to make an explosive device, police said.

Santa Monica police Chief Jacqueline Seabrooks had initially tweeted that Howell told officers he wanted to do harm at the gay pride event, but she later said that tweet was inaccurate, and that Howell only said he was going to the event.



Items removed from a car are displayed on a sidewalk after a heavily armed man was arrested in Santa Monica, Calif., on Sunday.

REED SAXON/THE ASSOCIATED PRESS

ate, and that Howell only said he was going to the event.

The huge parade and festival known as LA Pride took place later in the day about seven miles away in West Hollywood.

Authorities would answer no further questions on Howell or his motives. The FBI has taken over the lead of the investigation from the local police. Indiana State Police Capt. Dave Bursten referred all questions about the investigation to authorities in

California.

A Facebook page that is apparently Howell's is full of pictures of a white Acura like the one he was arrested in, and pictures that appear to match the photo police Carl Oliver of Los Angeles attends the parade every year. He said he cried after hearing about Orlando but never considered not coming.

"This is about love," he said. "We have to show our love and unity." THE ASSOCIATED PRESS

The world grieves

People in cities around the globe respond in solidarity and support after at least 50 were killed and dozens more injured, when a gunman opened fire inside a nightclub in Orlando.

Jacksonville

Ricky Garcia hugs his husband Matthew Shriver at the conclusion of Sunday evening's vigil in Memorial Park. Several hundred members of Jacksonville's LGBT community and supporters came out for a vigil.

BOB SELF/THE FLORIDA TIMES-UNION
VIA THE ASSOCIATED PRESS



Paris

Members of the gay community gather for a vigil near the Beaubourg Art Center in downtown Paris on Sunday to mourn for victims of the mass shooting.

AFP PHOTO/GEOFFROY VAN DER HASSELT/GETTY IMAGES



Toronto

Several hundred people in the LGBT community held a candlelight rally at Barbara Hall Park to show support.

CHRIS SO/TORSTAR NEWS SERVICE



Manhattan

The Manhattan Municipal Building is lit in the rainbow colours in New York.

BRYAN R. SMITH/AFP/GETTY IMAGES



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This image shows Omar Mateen, who authorities say killed dozens inside an Orlando nightclub on Sunday. MYSPACE/THE ASSOCIATED PRESS

Ideology often only a 'mask'

PSYCHOLOGY

Stated motives can simply be a final excuse for murder: Expert

Raging homophobia? Islamic radicalism?

Whatever motivation may emerge for the Sunday morning slaughter at a gay nightclub in Orlando, Fla., should be viewed with skepticism, an expert in mass shootings says.

Adam Lankford, a criminal justice professor at the University of Alabama, says underlying mental-health issues typically drive such murders, with any ideological impetus being a

self was killed by police, who soon described his rampage as a terrorist act. But his father, Mir Seddique, said his son may well have been driven by homophobic anger, having become enraged several months ago in Miami at the sight of two men kissing.

Lankford says there's a good chance Mateen will have left documents or internet postings that would make his purported motivations clear.

"So if what we're interested in is what this guy claims is the reason for his attack, it's possible he'll give us the answer," he says.

"That's one answer, but then the broader thing is, once we hear this person claims a motive or doesn't, to what degree

“It was their way of framing themselves as martyrs or heroes in their perspective. Adam Lankford

grasped excuse to justify the carnage.

"There have been a lot of offenders in the past who claim an ideology," says Lankford, author of the 2013 book *The Myth of Martyrdom: What Really Drives Suicide Bombers, Rampage Shooters, and Other Self-Destructive Killers*. "But we don't really think that what they said is why they did it, or is the primary reason they did it."

The 29-year-old Mateen him-

should we believe him?"

Lankford says his book exposed "case after case after case" of killers who professed that Islamic fundamentalism was behind their carnage, but they "really seemed to care more about some combination of killing others and killing themselves," he says.

"The ideology in their case was really kind of a mask. It was their way of framing themselves as martyrs or heroes in their perspective." TORSTAR NEWS SERVICE

Clinics overwhelmed by blood donations

Hundreds lined up to give blood Sunday in Orlando to help the victims of the massacre, but major restrictions remain for gay men wanting to give blood themselves.

The response overwhelmed OneBlood donation centres, where officials asked donors to make appointments and continue donating over the next several days.

While many Facebook and Twitter posts from individuals and at least one gay advocacy

group in Florida said no one would be turned away and all blood would be screened, OneBlood denied any change in policy.

"All FDA guidelines remain in effect for blood donation. There are false reports circulating that FDA rules were being lifted. Not true," OneBlood tweeted.

In December, the Food and Drug Administration lifted a three-decade-old ban on blood donations from gay and bisexual

men. But the lifetime ban was replaced with a new policy barring donations from men who have had sex with a man in the previous year.

The new policy brought the U.S. in line with Australia, Japan, the U.K. and other countries, and researchers said it could slightly increase the U.S. blood supply. Gay rights activists said it still perpetuated negative stereotypes dating to the beginning of the AIDS crisis.

Messages left Sunday for OneBlood and FDA officials were not immediately returned.

In a tweet, Pulse staff encouraged donations of water, juice and snacks for people waiting in long lines to donate blood in Orlando.

According to the American Red Cross, roughly 38 per cent of the U.S. population is eligible to donate blood at any given time, but less than 10 per cent of those people actually do so each year. THE ASSOCIATED PRESS

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'Started like a rolling thunder'

ORLANDO

Patrons describe the panic from inside Pulse

Like young people in clubs the world over, Jon Alamo met up with some friends, and then some more friends. He danced in Pulse's main room, where people swayed to the beat of salsa music. Then Alamo drifted into the club's two other rooms, which grooved to more of a hip-hop vibe.

It was supposed to be just a night of dancing and drinking, of looking good and gleefully partying into the early morning hours. It was Latin night at Pulse, one of Orlando's top gay venues, and two drag performers were scheduled to perform, one of them a big draw for appearing on a season of the TV show RuPaul's Drag Race.

"I was in the zone," Alamo recalled. "I wasn't even paying attention — just dancing."

The 22-year-old clothing store sales clerk had arrived at the club at 10:30 p.m. Saturday, clad all in blue from his button-down shirt adorned with palm trees to his loafers. About three and a half hours later, the gunshots began and the first of at least 50 people began to die.

Residents of the Delaney Court condos next door to Pulse first heard the shooting about 2:03 a.m. Marlon Massey was watching a movie when he heard "pop, pop, pop!" He checked his phone for the time: The shots went on until 2:05 a.m.

A uniformed Orlando Police officer working at the club off-duty had heard gunshots himself and spotted Omar Mateen outside the club. He fired his gun at the 29-year-old security guard from Fort Pierce, Florida, and two other officers quickly joined in. Mateen was not armed lightly: Police said he had an AR-15 assault-type rifle, a handgun and an explosive device.

Undeterred, he re-entered the club.

Inside, those on the dance floor weren't sure if what they heard was just part of the DJ's set.

"Everyone was getting on the



Orlando Police officers direct family members away from Pulse nightclub in Orlando, where multiple people were killed and injured Sunday. RIGHT: Bystanders wait down the street from the nightclub. PHELAN M. EBENHACK/THE ASSOCIATED PRESS



floor. ... I thought it was just part of the music, until I saw fire coming out of his gun," patron Rose Feba explained to the Orlando Sentinel.

Mina Justice was sound asleep when she received the first text from her son, Eddie Justice, who was in the club.

"Mommy I love you," the first message said. It was 2:06 a.m.

"In club they shooting."

It was around this time that Alamo wandered back into the main room.

"He was holding a big weapon," Alamo said. "He had a white shirt and he was holding the weapon ... you ever seen how Marine guys hold big weapons, shooting from left to right? That's how he was shooting at people."

Alamo dashed toward the back of one of the smaller dance rooms, and said people then rushed to an area where two bouncers had knocked down a wooden fence to create an escape route.

"My first thought was, 'Oh my God, I'm going to die,'" Alamo said, his voice very quiet.

At 2:09 a.m., Pulse posted a chilling, hurried message on its Facebook page: "Everyone get out of pulse and keep running."

Brand White and his cousin

"I was praying to God that I would live to see another day. I couldn't believe this was happening."
Jon Alamo

main room when White's cousin yelled to him, "B, it's a guy with a bomb!" Before he knew it, White was hit in the shoulder.

"All of a sudden it just started like a rolling thunder, loud and everything went black," White wrote in a Facebook message to a reporter from his hospital room Sunday. "I think I was trampled."

He didn't recall leaving the club, but he remembered the state he was in: "Covered head to toe in blood."

"I remember screaming and mass chaos," he wrote. "There were hundreds of people there."

He made it to the hospital,

where he got a blood transfusion. As Sunday wore on, his cousin remained missing.

Brett Rigas and his partner also were dancing in the main room when they heard the crack of gunfire. "About 70 bullets," Rigas described in a terse Facebook message.

He was shot in the arm and a man next to him was struck in the leg before police entered the room.

"I was behind the bar with four other people under the well. They called out to us and had us run out," he said.

Rigas saw dead bodies as he barrelled out of the club. In the rush to escape, he became separated from his partner, who remained unaccounted for.

Three patrons ran to the nearby home of a club regu-

lar, who had gone to a different bar and wasn't yet home, but who texted them his garage code so they could hide in his house.

Police said a dozen or so other patrons took cover in a restroom.

At 2:39 a.m., Eddie Justice texted his mother from the bathroom, pleading for her to call police:

"Call them mommy

Now."

He's coming

I'm gonna die."

The last text she received from Eddie was at 2:50 a.m. She still hasn't heard from her son.

"All I heard was gunfire after gunfire," Brandon Wolf, who was in a restroom hiding, told the Sentinel. "Eventually, I thought you were supposed to run out of ammunition. But it just kept going and going," he said.

What happened in the three hours after the shooting broke out and the gunman was killed was not immediately clear.

As people lay dying in the club, the shooting developed

"into a hostage situation," Orlando Police Chief John Mina said.

Orlando Mayor Buddy Dyer said that officers initially thought the gunman had strapped explosives to some of his victims after a bomb robot sent back images of a battery part next to a body. That held paramedics up from entering the club until it was determined the part had fallen out of an exit sign or smoke detector, the mayor said.

The robot was sent in after SWAT team members used explosive charges and an armoured vehicle to knock down a wall.

About 5 a.m., a decision was made to rescue the remaining club-goers. Law enforcement used two explosive devices to try to distract the killer and then 11 officers stormed the club and exchanged gunfire with Mateen.

The gunman started firing, hitting an officer who was saved by protective armour.

"That's when we took him down," the mayor said.

THE ASSOCIATED PRESS

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VOICES FROM CANADA'S LGBT COMMUNITY

Coast-to-coast outrage

Metro sought out reaction to the Orlando massacre from prominent LGBT advocates in Halifax, Ottawa, Toronto, Winnipeg, Calgary, Edmonton and Vancouver. Their shock was palpable, as was their resolve to unite their communities around the tragedy, which saw 50 people killed and more than 50 others injured. **Here's what some of them said.**

'My heart goes out to the victims. Our community has suffered a tremendous loss. We must stand together.'

ELLEN PAGE, HALIFAX, ACTRESS AND LGBT ACTIVIST, (VIA TWITTER)



'The injury to an LGBT person is an injury to all of us. I'm tired that we're having to deal with this kind of hatred again.'

EL-FAROUK KHAKI, TORONTO, FOUNDER, LGBT-FRIENDLY UNITY MOSQUE



'This is an extreme act of violence targeting not just individuals but an entire community, to eradicate a community.'

KRIS WELLS, EDMONTON, INSTITUTE OF SEXUAL MINORITY STUDIES, UNIVERSITY OF ALBERTA



'This guy is a reflection of that five per cent of society who are bigots ... He didn't have the ability to raise a moral army, so instead he picked up a gun.'

MORGANE OGER, VANCOUVER, CHAIR, TRANS ALLIANCE SOCIETY OF B.C.



'Historically, LGBTTQ clubs have always been a bit of a safe space. To have this happen in a club like that — it's saddening.'

JEFF MYALL, PRIDE WINNIPEG



ROSEMARY WESTWOOD

Orlando's meaning depends on which echo chamber you live in

The bloodiest mass shooting in U.S. history has sent the country into shock. But the reaction was set in stone long before the first bullet was fired.

After a single man massacred 50 people at a downtown gay club, Orlando, Fla., "tragically sits atop a list of infamy, sharing the sorrow of Virginia Tech, Newtown, Conn., and Aurora, Colo.," to quote the Orlando Sentinel newspaper. These sites of mass shootings are a new category of American city to which none aspires, and that are inevitably used as shorthand for conflicting beliefs.

"Liberals are going to scream gun control and Republicans are going to scream terrorism," my American fiancé told me. I had called him and his parents in the wake of news, as play-by-play coverage of the investigation and fallout rolled across American media.

"Mass shootings are the Rorschach test," he said. "Whatever you want to see in America, you see your issue in it. They get bigger and bigger. It's an epidemic, and whatever you think the cure is, the epidemic just proves it."

That isn't to say such issues — be it terrorism, gun control, LGBT hatred or mental health — are baseless. The gunman, Omar Mateen, did reportedly claim allegiance to Daesh in a 911 call before the attack, and Daesh has claimed respon-

sibility. (Whether Mateen had any "direct link" to Daesh, or was simply inspired, remains unclear, The New York Times reported). Mateen reportedly acquired both the handgun and a long gun used in the attack legally. Mateen's father said that Mateen was recently greatly upset at seeing two men kissing. And who wouldn't wonder about the mental health of a mass murderer?

But the rush to diagnose outpaces the rush to understand because doing so lets us box the problem away, requiring no further thought, or even nuance. In this way we preclude any real progress toward preventing violence, and saving lives.

The right dismisses the left, and the left does the same, and the echo chambers increase hatred and violence as we skip straight to blame, noted my future father-in-law.

And what of the slain? As their names are slowly released, they battle with "terrorism" and "guns" for headline space, and our attention.

"We need to support each other, we need to love each other, and we will not be defined by a hateful shooter," said Buddy Dyer, Orlando's mayor.

The city might achieve that goal in practice, but the symbolism of its name has been set. And the nation was defined by the shooter before he took a single shot.

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Some parents are using the publicity surrounding the sentencing of former Stanford student Brock Turner, seen above, to talk to their own children about sexual misconduct.

THE ASSOCIATED PRESS FILE

How to talk about consent

ANALYSIS

It's never too early to teach kids about healthy sexuality

When a relative swoops in for an unwanted hug, Todd Minerson's kids don't grin and bear it.

"I teach my kids now, if you don't want to hug grandpa today, that's OK," said Minerson, a father to a 10-year-old boy and a 5-year-old girl and executive director of White Ribbon, an organization promoting gender equality and challenging harmful ideas of masculinity. "That's (their) choice and he's going to respect that."

How to teach children about consent is one of the teachable moments sexual health educators are hoping to come from outrage over details in the Stanford University swimmer sexual assault case — in which a jury in March convicted student athlete Brock Turner, 20, of sexually assaulting an unconscious woman by a dumpster last year. That outrage intensified last week as the victim's impassioned letter spread online, along with Turner's father's in-court comments about "20-minutes-of-action" not warranting his son's six-month jail sentence.

Parents need to talk to their children about consent, healthy sexuality and about taking re-

sponsibility when they cause harm, educators say.

"It starts from birth," said Lyba Spring, Toronto sexual health educator, explaining that as babies, parents should use a gentle, loving touch with their child. As he or she grows, the parent should teach the dictionary names of all body parts, tell the child that touching oneself is OK but should be done in private, and help the child practise saying a big, affirmative "Yes."

Parents also must respect their child's "Nos." If a child doesn't want to be picked up, tickled or hugged, parents must accept that, said Spring.

The message needs to be clear: your body is your own, she said.

As children get older and conversations turn to sex, the message should evolve and include the three prerequisites for any sexual interaction: consent, safety and pleasure, said Spring. She tells students "sub-

stances and sexual activity are a bad mix," though it's one thing to be buzzed and another to be incapacitated — an unconscious person can't legally consent to sexual activity under the Canadian criminal code. If consent isn't clearly there, "You stop on a dime," she said.

But educators and anti-violence advocates admit even they have trouble answering tough questions about the nitty-gritty of consent.

"Nuance is hard," said Minerson. "There are a thousand different scenarios that in real life people could find themselves in. And they need to have the principles and strategies to figure them out themselves."

When working with groups of boys whose questions start going down a rabbit hole, Minerson comes back to the hallmark questions of consent: Is it affirmative? Is it enthusiastic? Is it ongoing?

"If you hear an answer that's anything but enthusiastically affirmative, it's not OK," he said.

Some educators say there's no difference between teaching consent to boys versus teaching it to girls.

But Minerson said that although the mechanics may be the same for both sexes, the context is sometimes different. Men need to know they need to ask for consent, and women need to know it's OK to say "no" and that "no" needs to be respected, he said.

TORSTAR NEWS SERVICE



If you hear an answer that's anything but enthusiastically affirmative, it's not OK

Todd Minerson, executive director of White Ribbon on consent



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Gail Vaz-Oxlade
For Metro Canada



Our willingness to exchange our life energy for stuff has become so acceptable that we don't even perceive it to be a problem. Why else would folks who have no money in an emergency fund, or nothing saved for the future, think it's OK to drop \$5 for a cup of coffee or \$200 on a new pair of shoes? Why do we celebrate shopping by lining up for hours to acquire the latest doodad or get the "best deal"? Why are we so much more willing to admire a person's outsides than their insides?

Do you really think that stuff defines who you are to the people around you? Do you really want those people around you — people who are unable or unwilling to know YOU, but perfectly happy to judge your stuff? Really?

Once upon a time we could assume that a couple with a nice house, a snappy car and cool clothes had their financial lives together. But the proliferation of credit has skewed the picture. I was having dinner with a friend recently who said, "I make more than my neighbours and they have way nicer stuff than I do. How come?" I asked if she had any debt. She said all she had was a mortgage.

"Rest assured," I said. "Those neighbours with all the nicer stuff have way more debt than you do."

Until folks recognize that their stuff does not define them are always going to have to keep buying more stuff. So much stuff that they'll actually have to go out and buy more space to keep all their great stuff.

The flip side of this is recognizing that "doing" does more for you than "having." The more time you spend reading, knitting, cooking, visiting, playing, laughing, dancing, preserving, creating, the more accomplished you will feel and the richer your life will be regardless of what your stuff looks like.

Learn something new and feel the pleasure ooze through you. Practise to become more



Metro columnist Gail Vaz-Oxlade says activities will enrich your life more than new possessions will. ISTOCK

proficient and bathe in a sense of real accomplishment. Focus on the things you are doing — as opposed to rushing through them so you have time to go shopping — and watch those things become more meaningful to you.

“Rest assured, those neighbours with all the nicer stuff have way more debt than you do.”

Doing less with more intention not only brings more pleasure in the doing, it reduces your desire to acquire because you're so busy enjoying what you have. And if you don't get everything done in a whirlwind of activity that

means you have something wonderful you can look forward to doing tomorrow.

Slow down. Savour. Share. You are what you do with your life, not what you have. The shiniest pots and the sharpest knives don't make you a wonderful cook. Sure there's the thrill of acquisition and first few uses. But it is the cooking, and sharing the cooking, challenging yourself with new recipes and experiment with new ingredients, that will bring joy to your cooking experience and your life.

Swap delirious want for joyful doing and it won't really matter what your stuff looks like, or who comments on it, because you'll be so happy you'll just blow off their shallowness and superficiality.

For more money advice, visit Gail's website at gailvazoxlade.com

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YOU CAN DO THIS MEDICAL LABORATORY TECHNICIAN

'Impeccable attention to details'

WHY I LIKE MY JOB

Debby Sousa, 39, Medical Lab Technician, Cytology Department – LifeLabs, Toronto

My leap into the health care industry was a career change I'll never regret. I was laid off during the recession in 2008 and decided to enrol in the medical technician program at the Algonquin Career Academy. The program offered a six-week placement in a health care setting, which led to my full time position at LifeLabs.

As a cytology technician, my job is to collect and accurately process patient specimens, which are small clusters of cells from tissue or body fluids. Essentially, I serve as the bridge between physicians and medical technologists, properly labelling and distributing patient vials while additionally assisting with specimen processing for the analysis and microscopic screening of cancer cells.

I am proud of my role in patient care. It's very fulfilling, and I enjoy being able to provide the best possible service for patients, fellow technicians and health care providers. The job requires impeccable attention to detail since it's such a vital service to the health care system. Most of all, I love being able to work with a diverse team that supports one another, encourages professional growth, and makes each day fun and unique.



THE BASICS: Medical Assistant

\$38,664

Median salary of entry-level medical lab technicians. Advanced professionals in this line of work can earn upwards of **\$60,000** annually.

+15%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, trade-schools.ca and onetonline.org.

HOW TO START

Most post-secondary diploma or certificate programs span six to 14 months, with a direct focus on the pre-analysis components of medical lab duties. After graduation, students will typically gain hands-on laboratory experience in medical sample collection and preparation, equipment maintenance and basic laboratory testing.

WHERE YOU CAN GO

A qualified medical laboratory technician can expect to find work in several facilities, including walk-in clinics, hospitals, research labs, animal clinics and government departments. The onset of new illnesses – matched with the demand for more medical tests due to an aging population – has led to an increase in job prospects. Recent advances in medical equipment and technology have allowed physicians to order a much wider range of patient tests – creating more demand for qualified technicians.

NEXT CAREER STEP

A medical laboratory technician can pursue additional education and training to become a medical laboratory technologist, which typically detects and monitors medical conditions through performing diagnostic tests on specimens. A technician may also earn qualifications for advanced roles as a phlebotomist, echocardiography technologist or cardiology technologist.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Satan needs to update his aesthetic

THE SHOW: *Outcast*, Season 1, Episode 4
THE MOMENT: The demon's logic

Reverend Anderson (Philip Glenister), an exorcist in Cornpone, West Virginia (not the town's name, but it might as well be), believes he exorcised a demon two years ago from his parishioner, Mildred (Grace Zabriskie). But Kyle (Patrick Fugit), the Rev's new exorcist partner, thinks that either the demon has returned, or never left.

Sure enough, Anderson visits Mildred, and she's possessed. "What if we like who we become?" she taunts him. "What if it works better for us this way?"

"How can it be better to hurt the people who love you, leave a hole in their soul?" he sputters.

"Holes can be filled," she scary-smiles. "There's room inside a human soul for more than love, more than God. Something that fills it in ways you haven't imagined."

This is why I hate demon



Kyle (Patrick Fugit) is Reverend Anderson's new, astute exorcist partner in *Outcast*. CONTRIBUTED

shows. (Though between this, *Preacher*, *Lucifer*, the recently canned *Damien*, the new film *The Conjuring 2*, and the upcoming series *The Exorcist*, the Lord of Hellfire is, um, hot.)

If Satan is so powerful, why does he mess around, as he does here, with one demon at a time, making a small-town mum hurt her son, and another son hurt his mum? Why not possess every world leader and military com-

mander instead? Or hey, just possess everyone and be done with it?

Plus, I've had it with all the screaming children, contorted limbs and ominous raven. A renovation show should possess Satan, and update his aesthetic.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

HOGAN LAWSUIT

Ziff Davis to buy bankrupt Gawker

Gawker is filing for bankruptcy protection and will sell itself rather than pay \$140 million to pro wrestler Hulk Hogan.

The company says it plans to sell itself to publishing company Ziff Davis.

Gawker filed for Chapter 11 bankruptcy protection, about three months after Hogan won a lawsuit against the online gossip and news publisher. The sale will be conducted through bankruptcy court so other bidders could emerge.

The New York company said in the filing that it has as much as \$500 million in debt and up to \$100 million in assets.

Hogan sued Gawker after it posted a video of him having sex with a friend's wife. Hogan was awarded \$115 million in compensatory damages plus an added \$25.1 million in punitive damages. It was later revealed that billionaire tech investor Peter Thiel had been secretly funding Hogan's lawsuit.

Thiel, who co-founded PayPal and was an early investor in Facebook, has been a frequent target of Gawker writers, who have written unflattering pieces about Thiel's political beliefs and utopian goals.



Hulk Hogan testifies in court during his trial against Gawker Media. Hogan won a \$140 million suit against the company. GETTY IMAGES

One 2007 post outed Thiel as gay. Another Gawker site, Valleywag, ran a number of stories skewering Facebook, which provided a big chunk of Thiel's estimated \$2.7 billion fortune.

A spokesman for Thiel said he had no comment on Friday. In the filing, Hogan, whose

real name is Terry Bollea, was listed as Gawker's biggest creditor.

Gawker founder Nick Denton said in a statement that Ziff Davis' e-commerce, licensing and video assets would be a good fit with Gawker's websites.

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Can schools keep up with job market?

CHILDREN'S EDUCATION

System creating skills mismatch: Economist

Jennifer Wells

Torstar News Service

"God, there's a lot."

That's economist Craig Alexander exhaling deeply in an interview about the labour market. It's not an expression of exasperation about the latest labour force survey from Statistics Canada, in which we see a relatively flat job market and the ongoing structural adjustment to lower energy prices. But the substantive issues that lie behind the changing profile of the labour market and our readiness for the future demands of work.

Education, by example.

"The global labour market is evolving quicker than our institutions seem to be able to change," Alexander says. "So as the labour market changes and skills demand change, the education system doesn't actually change the way it's delivering that education, or the outcomes our kids are experiencing. As a consequence you fall behind and you fall behind and you fall behind until there's a feeling that there's a crisis that needs to be dealt with and you get some policy action."

Alexander is vice-president

There are a lot of things we should be doing to improve the education system to help our students be better prepared before they even go into the post-secondary system

Craig Alexander



Economist Craig Alexander says we need to encourage more entrepreneurship among our young people.

NICK KOZAK/TORSTAR NEWS SERVICE FILE PHOTO

of economic analysis at the C. D. Howe Institute and ex of the TD Bank, so he's lived the life of monitoring financial market responses to statistical data. But today he's wondering about high school guidance programs that appear ill-prepared to help students make informed decisions as to what programs to take in university. Parents about to send their daughters and sons off to their first-ever university experience this fall

can no doubt relate.

(In our own household, the Grade 9 Careers course was an utter waste of time. Perhaps your own experience has been different.)

Alexander has worked up a chart, as you might expect. He charted graduate rates by discipline — "How many students are going through the university system and graduating with a general arts degree and what percentage are coming out with degrees in engineering, math, sciences. If you compare the graph of what kids are studying in university with a graph that shows employment rates by graduation, they're inverted."

Those who have followed labour force mismatches have known this for some time.

"I think (the education sys-

tem) has fallen very far behind where we need it to be for the labour force in the 21st century," Alexander continues. "Their structures and their programs are often delivering the experience that students needed in, for example, the nineties, not what they need today."

We could talk about financial literacy for days. More than four years ago Ontario's Ministry of Education adopted a strategy of weaving financial literacy into the curricula for students in Grades 4 to 12. Entrepreneurism — a vital focus, in Alexander's view — is knitted into the introduction to business courses in high school, electives in Grades 9 and 10, and standalone courses in Grades 11 and 12.

"We need to encourage more



TD Bank Group Senior Vice President & Chief Economist Craig Alexander. CARLOS OSORIO/TORSTAR NEWS SERVICE

entrepreneurism among our young people," Alexander says. And offer expanded apprenticeships and co-op programs. And place an enhanced focus on literacy. "If you don't have strong literacy and numeracy

skills going in to university, you often won't have them when you come out of university. I think employers have been very clear about the fact that they want work-ready employees."

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Grimmie killer planned shooting

FANS REACT

'This person was in the crowd with us'

A gunman who shot and killed a singer who rose to fame after appearing on *The Voice* travelled to Orlando from another Florida city specifically to attack her and then fatally shot himself, authorities said Saturday.

Orlando Police Chief John Mina said at a news conference that the suspect, identified as 27-year-old Kevin Loibl of St. Petersburg, Florida, didn't appear to know Christina Grimmie personally. Grimmie was shot to death after giving a concert in Orlando on Friday night. She died early Saturday.

"She was doing a meet-and-greet, just signing autographs and selling merchandise. This white male approached her and opened fire, striking her," Mina said.

"We believe he came here to commit this crime."

The 22-year-old singer from New Jersey finished third during season six of NBC's *The Voice* in 2014, competing on the team of Maroon 5 star Adam Levine. She began amassing a following on YouTube as a teenager, gripping online viewers with her powerful renditions of hit songs.

In an earlier statement, police said Grimmie had performed with the band Before You Exit at The Plaza Live in Orlando. The concert ended around 10 p.m., and Grimmie was shot as she signed autographs for fans at a merchandise table in The Plaza Live concert venue.

Grimmie's brother, Marcus, immediately tackled the gunman, who then shot and killed himself during the struggle, police said. They credited the singer's brother with preventing the gunman from hurting others. Around 120 others were in The Plaza Live at the time.

"Very heroic actions by Marcus Grimmie to jump in and it definitely could have prevented further loss of life," Mina said.

After the concert, 17-year-old Kaitlin Martin was standing with a group of other fans outside The Plaza Live, waiting for members of Before You Exit to come out, when she heard several loud "pops."

"We thought at first they were balloons ... but then security started running all over the place yelling at people to get out because someone has a gun and someone is shooting. Everyone is just running all over the place," said Martin, who travelled to see to the concert from Brunswick,



Christina Grimmie was shot as she signed autographs for fans at a merchandise table. THE ASSOCIATED PRESS



A fan pays her respects at The Plaza Live venue in Orlando, where Grimmie was shot on Friday. Grimmie died early Saturday. GETTY IMAGES

Georgia. "It was chaos."

Martin said she was unsettled knowing the suspect had watched the concert in the same audience she was in. "This person was in the crowd with us, and while we were singing, having a great time, he was there with different intentions," she said.

Detectives were searching Loibl's cellphone and social media accounts looking for clues as to a motive, Mina said, but they weren't aware of any history

of stalking of Grimmie by the suspect.

At Loibl's home, in St. Petersburg, someone had left a note on the front door, expressing the "deepest sorrow" for the loss "to the family, friends & fans of the very talented, loving Christina Grimmie." The note said there would be no other comment. No one answered the door to the one-story house that had a rusted, metal animal trap in the yard. THE ASSOCIATED PRESS

COMMERCE

E-shopping drives shipping boom

Retailers might be struggling to lure shoppers through their doors because consumers are too busy ordering online. But shippers aren't complaining.

Demand for parcel delivery keeps rising, and even companies like DHL Express Canada, which specializes in overseas deliveries, are seeing an increase in shipments.

"The business is growing dramatically in Canada. We are quite bullish on Canada," said DHL Express Canada president Andrew Williams, who declined to share detailed sales figures but said company revenues here have grown at about 15 per cent a year in the past two years.

The company, which is owned by Deutsche Post DHL, will open a retail store at the Scarborough Town Centre in July. In Toronto this fall, the company is also looking to add Packstations, giant yellow lockers where consumers can collect parcels at any time — a common sight in Europe.

Williams said the key is flexibility, so consumers have the option to have an item delivered to their home, office or even a neighbour, or to a Packstation.

Craig Calvert, director of customer solutions at UPS Canada, agrees that consumers want choice, with control over delivery including dates and times.

"Maybe you ordered an item online and you notice it's going to be delivered on Friday, and you're planning a getaway for the long weekend. You can change the date for delivery from your phone, computer or tablet," Calvert said.

Even Canada Post, which is grappling with a steep decline in letters and bills, credits the parcel business for helping to generate profits in the first quarter.

The Crown corporation opened a "post office of the future" concept in Richmond Hill last October, which will roll out in other cities soon including Edmonton and Vancouver. It includes drive-thru parcel pick-up and a fitting room to try on items purchased online.

"If it fits, wonderful, you take it home," said Danielle Doiron, Canada Post's director of parcels market development. "If it doesn't, you return it right away."

TORSTAR NEWS SERVICE

THE FUTURE

High for drugs

There's been much buzz about Amazon's plans to deliver goods by drone. DHL has also been testing drone delivery in some remote mountainous regions of Germany for high-value goods like prescription drugs.

Magical groceries

In Sweden, courier company PostNord and supermarket chain ICA AB are testing this service a straight-to-the-fridge grocery delivery service for 20 households in Stockholm. The key is an add-on lock that messengers — who promise to take their shoes off — can open with a smartphone.

Digital paperboy

The New York Times has teamed up with a meal delivery startup called Chef'd to get exact ingredients to readers who want to try recipes featured on the NYT Cooking website.

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UEFA have threatened England and Russia with expulsion from Euro 2016 should there be further violence from their fans



March of the Penguins leads to Stanley Cup

NHL PLAYOFFS

Pittsburgh wins hockey's greatest prize for fourth time

The Pittsburgh Penguins have come full circle to capture another Stanley Cup.

Exactly seven years to the day since their last Cup victory, the Penguins hoisted the game's greatest prize for the fourth time, beating the San Jose Sharks 3-1 in Game 6 at SAP Center on Sunday night.

The Penguins had 12 different scorers in the final, although Conn Smythe Trophy winner and team captain Sidney Crosby never had a goal.

Unheralded defenceman Brian Dumoulin opened the scoring in Game 6 on a power play, later joined on the score-sheet by Kris Letang, who scored the go-ahead goal and eventual game-winner.

Crosby had two assists in the Cup-clinching victory, including the setup of Letang as well as Patric Hornqvist's empty-netter.

Matt Murray, meanwhile, responded with a fine 18-save performance. The unexpected 22-year-old starter for the Penguins this spring matched the NHL record for wins in the



Penguins captain Sidney Crosby hoists the Stanley Cup after beating the Sharks 3-1 in Game 6 of the final in San Jose, Sunday. CHRISTIAN PETERSEN/GETTY IMAGES

post-season by a rookie goaltender (15), also improving to 6-0 in games that followed a loss.

Much like their last Stanley Cup win in 2009, when Dan Bylsma replaced Michel Therrien, the Penguins morphed into a different team after a mid-season coaching change. Pittsburgh was suddenly playing faster, scoring more and

GAME 6 In San Jose



controlling the puck more often after Mike Sullivan replaced Mike Johnston in mid-December.

"If anything, there's a lot of similarities. I think if you look at how we got here as far as a group and what happened," Crosby said before the final.

Crosby and Letang especially took off under Sullivan as did Phil Kessel, who soon became a

feared creator of offence on the team's third line and dominant post-season force. Sullivan's intention upon his promotion was to play to the strengths of the team's best players.

"Speed in all of its forms is what I envisioned with this group," Sullivan said during the final.

The Penguins went 33-16-5 after Sullivan took over, while sitting near the top of the league in puck possession. And indeed, their speed was evident all throughout the Cup final, both in terms of how quickly they moved the puck and their feet.

Kessel, who led the Penguins in post-season scoring, was among the key additions made to the roster over the course of the last year, joined by Carl Hagelin (16 points in the playoffs), Nick Bonino (18 points), and Trevor Daley, among others.

"All those moves are important, they all add up and that's certainly a big one," Crosby said of the Kessel trade, which sent a package of prospects, picks and players to Toronto.

Despite not scoring, Crosby was a force throughout the final, especially early in the series and then again in Game 6. Crosby finished with four points (all assists) against the Sharks and 19 points in the playoffs. THE CANADIAN PRESS

NHL

Crosby fondly looks back on Howe

Sidney Crosby can't recall whether it happened during his first or second season in the league, but he remembers everything else about meeting Gordie Howe.

"Like anyone else, you don't even know what to say," Crosby said of his brief encounter with Howe.

Howe, also known as "Mr. Hockey," died Friday. He was 88.

Crosby described Howe as the ultimate role model, someone he was fortunate to have met.

The Pittsburgh Penguins captain remembers being struck by how kind and genuine Howe was.

"He's probably met so many people over the years, but I think for anyone who's met him, they'll tell you that he makes you feel pretty comfortable," Crosby said.

Like Wayne Gretzky, who has described Howe as his hockey idol, Crosby, too, was influenced by the longtime Red Wings great.

"When you think of hockey, that's who you think of, you think of Gordie Howe," Crosby said. "The way he played, the way he conducted himself, he's a role model for a lot of people, including myself."

THE CANADIAN PRESS



Gordie Howe
GETTY IMAGES FILE



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Brooke Henderson, from Smith Falls, Ont., is the second youngest ever LPGA major winner. JEFF GROSS/GETTY IMAGES

A major LPGA force

GOLF

Canada's Henderson a big winner in Washington

Canada's Brooke Henderson beat top-ranked Lydia Ko with a birdie on the first hole of a playoff Sunday in the KPMG Women's PGA Championship after overcoming a three-shot deficit on the back nine.

The 18-year-old from Smiths Falls, Ont., ranked No. 4 in the world, closed with a bogey-free 6-under 65 — the best round of the week at Sahalee — to match Ko at 6-under 278. Ko finished with a 67.

In the playoff on the par-4 18th, Henderson hit her second shot from 155 yards to three feet, while Ko's second from farther back in the fairway left her within 20 feet. Ko missed to the left, and Henderson tapped in to cap a week that started with a hole-in-one on her fourth hole of the tournament and ended with a major championship.

In regulation, Henderson

saved par on 18 with a 12-footer, moments before Ko missed a four-foot birdie try on the par-3 17th. Henderson also made a long eagle putt on the par-5 11th and birdied the par-3 13th. She won last year in Portland, Ore., for her first tour title.

Henderson became the second-youngest winner in a major championship, with Ko the youngest last year in the Evian Championship in France. Henderson also ended the 19-year-old Ko's bid for her third straight major victory.

Ariya Jutanugarn, in search of a fourth straight victory, shot a 66 to finish a stroke back. The 20-year Thai player missed a birdie putt on the 18th that could have put her into the playoff.

Henderson, the first-round leader after a 67, began the day at even par — two strokes behind Ko — after consecutive rounds of 73. The Canadian pulled off the comeback with a perfect back nine after going out in 2 under. Henderson's eagle at the 11th was just the third at the long par 5 all week and separated her from a large pack at 2 under.

THE ASSOCIATED PRESS

IN BRIEF

Cam carrying on with life

Cam Newton may not be over the sting of losing the Super Bowl quite yet, but he's getting there.

At least the familiar smile has returned to the Carolina quarterback's face.

"Time cures all, right?" the NFL MVP said Friday. "Having an unbelievable team on the field as well as off the field makes everything better."

THE ASSOCIATED PRESS

Logano wins in Michigan

Joey Logano pulled away from the pack to win the FireKeepers Casino 400 in Brooklyn, Mich., becoming the 10th driver to win a NASCAR race this season.

The pole-setter moved past rookie Chase Elliott on lap 153 Sunday and stayed ahead for the 15th Sprint Cup series victory of his career in the 15th race of the year.

THE ASSOCIATED PRESS

EURO 2016

Germany gets off on the right foot

EURO 2016 GROUP STAGE

Bastian Schweinsteiger marked his return from injury by sealing a 2-0 win for Germany over Ukraine in the world champions' opening game at Euro 2016 on Sunday.

"A Bastian Schweinsteiger is worth his weight in gold," Germany coach Joachim Loew said. Schweinsteiger, who suffered his second serious knee injury of the year in training on March 22 and hadn't played since, came on in the last minute. He scored in the second minute of injury time when Mesut Ozil crossed for him to rifle in a volley on a counterattack.

"My injury was healed, I feel

+ MORE OPENERS

FRIDAY

France 2, Romania 1

SATURDAY

Switzerland 1, Albania 0

Wales 2, Slovakia 1

England 1, Russia 1

SUNDAY

Croatia 1, Turkey 0

Poland 1, North. Ireland 0

very good. After the sprint forward, I was a bit out of breath ... Incredible that something like this can happen, you can only wish for it," Schweinsteiger said.

THE ASSOCIATED PRESS



Germany's Bastian Schweinsteiger scores past Ukraine's goalkeeper on Sunday. DENIS CHARLET/AFP/GETTY IMAGES

Service Directory

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LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS

NW, NE and SW quarters of 8;22;1;W5M

Three Adjacent Quarters close to the City of Calgary

to be sold individually or together

Parcel A - NW ¼, 159 Acres (+/-) and includes a 1,000 ft² (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE ¼ 156.53 Acres (+/-) and includes a 7,960 ft² (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft² (+/-) heated & insulated machine shop, a 2,240 ft² (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS

West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2

(located within NW ¼ of 30;20;1;W5M)

Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft² (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft² (+/-) heated & insulated machine shop, a 4,500 ft² (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft² (+/-) house, with detached 832 ft² (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary

4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7

P: 403 298 3079 | E: WongL@bennettjones.com

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RECIPE Panzanella



PHOTO: MAYA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada

• 1/2 cup or so of shaved Parmesan

Directions

1. Pour oil, vinegar, Dijon and salt and pepper into a small jar, place the lid on and shake well.

2. In a large salad bowl, toss together the bread, tomatoes, cucumber, pepper, onions, black olives and Parmesan.

3. Drizzle the salad with some dressing and toss, then repeat, giving the bread a chance to drink up the dressing. You want the bread to be moist but not drowned.

4. There will be more dressing than you need, but you'll need more than you'd use for a regular salad as the bread will drink it up.

This rustic salad is a revelation if you've never had the Tuscan summer classic. Get the best, preferably heirloom, tomatoes you can find for the best result.

Ready in

Prep time: 10 minutes
Cook time: 5 minutes

Ingredients

- 1 cup extra virgin olive oil
- 1/2 red wine vinegar
- 1/2 tablespoon Dijon mustard
- salt and pepper to taste
- 4 cups of slightly stale, crusty bread, cubed
- 4 tomatoes roughly chopped
- 1 cucumber peeled and roughly chopped
- 1 yellow pepper
- 1/2 red onion finely sliced or chopped
- 1/2 cup pitted black olives

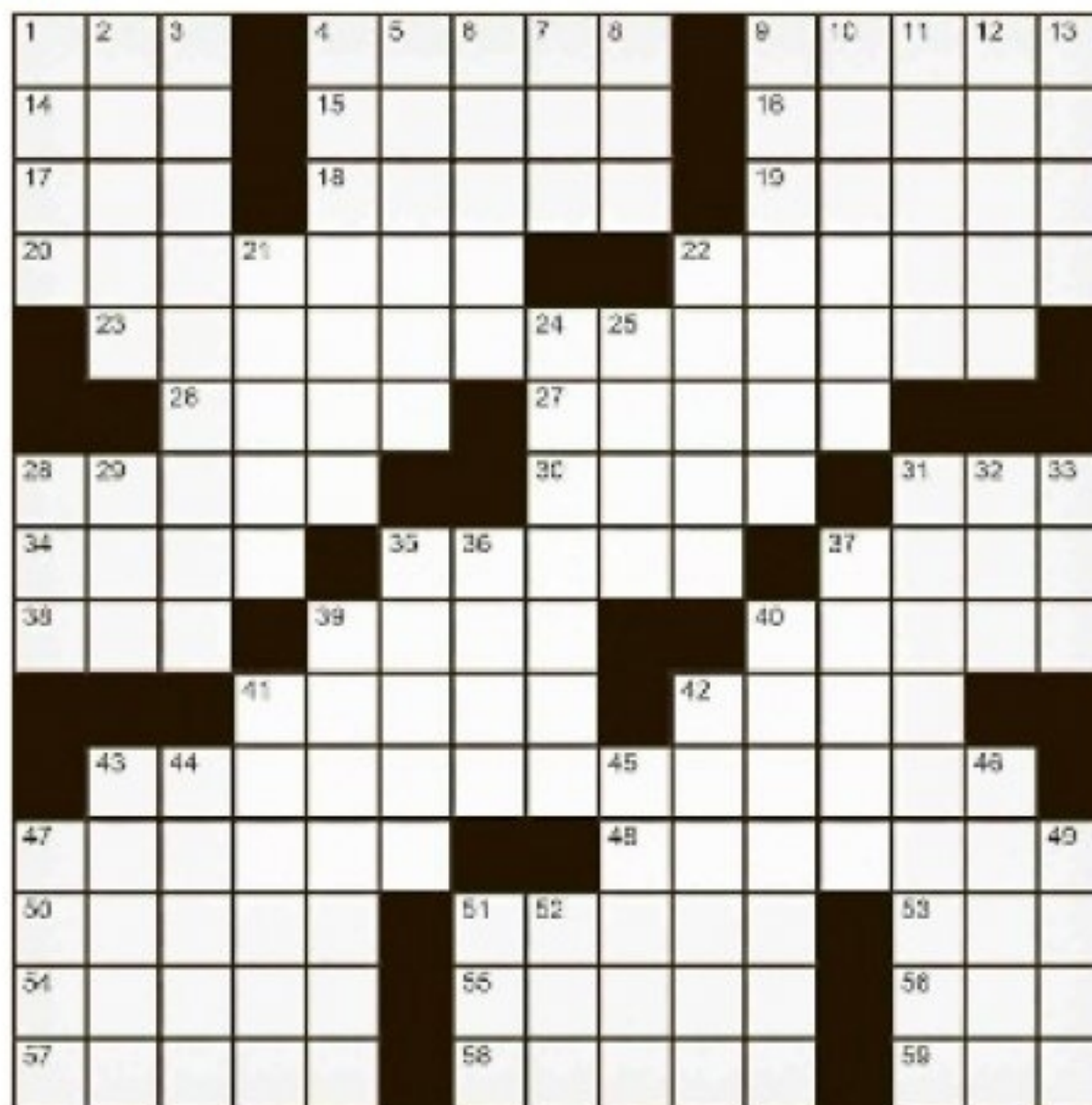
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Mr. McDonald, Science journalist who hosts #43-Across
4. Be a war journalist inside a military unit
9. Donald of Steely Dan
14. Yore's 'before'
15. "All true!": 2 wds.
16. Sheep-like
17. Mr. Asner's
18. Toast's border
19. _ _ _ _ - r - i - o - n - i - s - t (Acrobat)
20. Dog, when responding to a throwing-a-stick human
22. Arizona city in "Get Back" by The Beatles
23. Cultural attraction in Victoria, founded in 1886: 3 wds.
26. Thurs. followers
27. Montreal stop sign word
28. Just joking: 2 wds.
30. Some bar drinks
31. Pussycat Dolls hit: "Don't _"
34. Views
35. Intelligent individuals institution
37. Decked out
38. Dept. head
39. Streetside eatery
40. Ray Charles' instrument
41. Shindig
42. Cottage's left-out garbage rummager
43. Long-running CBC Radio One program about news in the world of science: word + symbol + word



47. Radio dials
48. Like the not-in-the-oven-yet tinfoil-wrapped potato
50. Risky/complicated
51. Picture
53. Nightfall
54. Brief beginning
55. Ranked

56. Fresh
57. Dutch painter Jan
58. Manicure board
59. Sample

DOWN

1. Gripe
2. Harmony
3. It's what the owners

- accept in a real estate bidding war: 2 wds
4. Shackle
5. Chef's mushrooms
6. Little write-up
7. ' _ ' for Edmundston
8. Sleuth [abbr.]
9. Sharpens the

- image
10. Shorebird with stilt-like legs
11. TV-advertised knife set brand
12. Insects sci.
13. Arcade Fire album: ' _ Bible'
21. Billy Ray _
22. _ _ profit (Make

- money)
24. '80s police series, " _ _ Lacey"
25. Hosp. pictures
28. 'Tour' suffix
29. Positive opp.
31. Character co-created by Canadian cartoonist Joe Shuster: 2 wds.
32. Role for Harrison in '77
33. Rumpus
35. Targets
36. Tiny amphibians
37. Single-named American songstress
39. CSNY song on 1970's 'Deja Vu': 2 wds.
40. Broadcasting award since 1941 that says 'University of Georgia' on it
41. Saint- _ et Miquelon (Islands in Atlantic Canada which belong to France)
42. Lightly-hitting player at bats
43. Mod fashion icon in 1960s Britain, Mary _
44. Amalgamate
45. Citation
46. Lop
47. "Analyze _" (1999)
49. Moist, as morning grass
51. Prior
52. Performer

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting, upbeat day for you! You will enjoy meeting new faces and seeing new places. Unexpected news might catch you off guard. (It's not a boring day.)

Taurus April 21 - May 21
Keep an eye on your finances, because they are unpredictable today. For example, you might find money or you might lose money. Likewise, guard your possessions against loss or theft.

Gemini May 22 - June 21
You feel impulsive and impetuous today! You easily might do something strange on a whim. Invite someone to share a good time with you, or accept unexpected invitations yourself.

Cancer June 22 - July 23
Some kind of hidden treasure might come your way today. If it does, be aware that this window of opportunity is brief, so you will have to act fast. Just say, "Yes!"

Leo July 24 - Aug. 23
You might meet an unusual character today who is intriguing. Or possibly, someone you already know will do something that amazes you. (People intrigue you today.)

Virgo Aug. 24 - Sept. 23
You might develop a crush on your boss or someone in a position of authority today. Or perhaps, this person will bestow a gift on you or do a favor for you. Fingers crossed!

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might fall in your lap today. Others might get an opportunity for further training or education. If so, act fast, because this opportunity won't last long.

Scorpio Oct. 24 - Nov. 22
Surprise gifts and goodies might come your way today, so be receptive to this. Do not hesitate. Accept what is offered, because you deserve it.

Sagittarius Nov. 23 - Dec. 21
A friend or partner might surprise you in a lovely way today. This is a great day to deal with others, even members of the general public. Expect to be pleased.

Capricorn Dec. 22 - Jan. 20
A surprise raise or praise from others will delight you today. You might also get a chance to make your workplace look more attractive.

Aquarius Jan. 21 - Feb. 19
A surprise invite to a fun event will please you today. Enjoy partying with others, especially with children.

Pisces Feb. 20 - March 20
You might spontaneously entertain at home today, even though it is not planned. Therefore, be prepared and stock the fridge.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		6	1	7	5			
9		5		8	1			
	8					4	3	
1	9			8				7
			7	3	2			
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		2	4			7		8
	7		8		5	6		

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